
Seafood Imperial

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 16

2 1/4 cups uncooked regular rice
3 envelopes instant vegetable broth or three vegetable bouillon cubes
3 cups boiling water
3 tablespoons chopped parsley
3 cans frozen condensed cream of shrimp soup
2 cups milk
3 teaspoons lemon juice
1/4 teaspoon ground nutmeg
3 cans (7 ounce ea) lobster meat, drained and broken into chunks
3 pounds frozen deveined and shelled raw shrimp, cooked and drained
2 cans (10 ounce ea) sliced mushrooms (or 1/2 pound fresh)
4 cups fresh bread crumbs (8 slices of bread)
1 can (5 ounce) toasted slivered almonds
6 tablespoons butter or margarine, melted

In a large saucepan, cook the rice according to package directions.

In another saucepan, dissolve the vegetable broth in boiling water. Pour over the rice. Stir in the parsley. Set aside.

In the top of a large double boiler, combine the soup and milk. Heat over simmering water, stirring occasionally, until well blended and hot. Stir in the lemon juice and nutmeg. Remove from the heat.

Pour the soup mixture into a large bowl. Fold in the lobster, shrimp, mushrooms and vegetable broth. Spoon 1/3 of the mixture into each of two buttered 9x13x2-inch baking dishes. Top each with 1/4 of the amount of rice. Repeat the layers, using about half of the remaining seafood mixture and all of the rice. Spoon the remaining seafood over the top. Melt the butter and toss with the bread crumbs and almonds. Spoon around the edge of each baking dish.

Bake at 350 degrees for one hour or until bubbly and the crumb topping is toasted.

(Freezes well. To reheat, place in a 325 degree oven while frozen and heat slowly.)

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Per Serving (excluding unknown items): 149 Calories; 10g Fat (61.1% calories from fat); 11g Protein; 4g Carbohydrate; 1g Dietary Fiber; 56mg Cholesterol; 187mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat.